



# Life YOUiversity

Quality personal and Family life skills education for the military community.

## Why Does She Stay?

By: Brandy Shufutinsky & Jeanne Mullane, Victim Advocates at JBM-HH Fort Myer ACS

Why does she stay? Why doesn't she just leave? These are typical questions asked when someone hears about a domestic violence incident. It's hard to comprehend why someone would stay in a violent situation. The reasons are many and vary greatly. Victims who remain in violent relationships are often looked upon as being weak, unable to protect themselves, helpless. The reality is actually quite the opposite. Victims display a tremendous amount of inner strength and determination. They persevere from one battering episode to the next. They may be helpless to stop the violence but they are not helpless in figuring out how to survive it. Their survival depends on several factors, two of which are intelligence and endurance. While they often do not recognize these abilities within themselves, they are most likely utilizing them on a daily basis. They are doing what they can to protect themselves even if that means staying in the relationship. No one knows a victim's situation better than they do. Research tells us the level of danger escalates once they leave. Their idea of safety may very well be staying right where they are. This is what they know. This is a lifestyle of managed chaos. While it may seem irrational to someone on the outside looking in, victims are not seeing the big picture. They are living moment to moment, minimizing the abuse, convincing themselves that it is really not as bad as it seems.

Men and women do not stay in violent relationships because they like being abused. Outsiders do not see the psychological abuse. They only become aware of the problem when there has been an episode of physical violence. In addition to physical violence, psychological abuse plays a huge role in why violent relationships continue. Combined, they create what is commonly referred to as "The Cycle of Violence." It is this cycle that makes it difficult and often impossible for victims to leave. This cycle is made up of three main components: the Tension Building Phase, the Explosive/Battering Phase, and the Honeymoon Phase. This cycle exists in almost all violent relationships, however the length of each phase can vary.

The first phase is the Tension Building Phase. This stage is characterized by the victim trying to placate the batterer, being overly attentive, or attempting to stay out of the way. Victims manipulate their environments to prevent the escalation of violence. They try to create a perfect home in an effort to keep the peace and keep the batterer happy. The victim may experience more psychological abuse than physical violence in this stage. Covering for the batterer, making up excuses, minimizing the batterer's behaviors and denying the existence of a problem are tactics used to deny the reality of their situation.

The next phase is the Battering Phase. During this phase, a violent episode occurs. The level of severity may not always be the same. Injuries range from slight bruising to death. The Battering Phase is usually the shortest phase

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*All classes require early registration unless otherwise indicated. Registration information is included with each class description.*

*Most classes are open to all Service Members, their Family Members, and DoD civilians.*

*All classes subject to change.*

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*For general or disabled access, more information, and registration, please contact the individual program number listed with the class ad.*

*To advertise your program, event or class in this bulletin, contact:*

**Karen St. Pierre**  
**(703) 696-3512**  
**Karen.StPierre1@us.army.mil**

## PARENTING

### Joint Base Andrews, Maryland

#### **Dads 101**

**Date(s):** Last Tuesday of every month

**Time:** 8:30 a.m.—4:00 p.m.

**Location:** Family Advocacy Office, Joint Base Andrews

**Instructor:** Taught by Dads

**To register, call (240) 857-9680/7501.**

A class taught by dads for dads to include topics on pregnancy, coaching during childbirth, relationships, parenting issues and fatherhood. All ranks and branches welcome!

#### **Infant And Toddler University**

**Date(s):** Every Tuesday

**Time:** Infants 9:30—10:25 a.m. and Toddlers 10:45—11:40 a.m.

**Location:** Temporarily located at the Youth Center, Joint Base Andrews

**POC:** Ms. Joyce Cravin

**To register, call (240) 857-8153.**

Playgroups for children ages 3 months to 36 months. All are welcome, retirees, active duty and even grandparents! Playgroup is free.



#### **The Women, Infant & Children (WIC) Nutrition Program**

**Date(s):** Thursdays, except on federal holidays—appointments required

**Time:** 8:30 a.m.—4:30 p.m.

**Location:** 1191 Menoher Drive, FAP Office, Andrews Air Force Base

**Instructor:** Nurses from Prince George's County WIC Program

**To make an appointment, call (301) 856-9600.**

Information is provided to assist moms with choosing healthier foods so babies and children grow and develop. WIC provides food high in iron, protein, calcium, vitamin C and other nutrients. Pregnant, new mothers, an infant or child under 5 years of age who are Maryland residents may be eligible.

#### **Family Advocacy Safety Education Seminar**

**Date(s):** Second (2nd) Wednesday of every month

**Time:** 8:00 a.m. to 12:00 p.m.

**Location:** 1191 Menoher Drive, FAP Office, Joint Base Andrews

**Instructor:** Representatives from different agencies

**To register, call (240) 857-9680.**

Educational seminar provides information to reduce the risk for child and partner maltreatment, increases knowledge and skill building for Families with potential risk factors, and promotes resilience and mission readiness.

**Must be referred by 1st Sergeant.**

### Bolling Air Force Base, DC

#### **"Time For Tots"**

**Date(s):** Every Wednesday

**Time:** 10:00—11:30 a.m.

**Location:** Youth Center Gymnasium, Bolling Air Force Base

**Instructor:** TBA

**To register, call (202) 767-1339.**

Weekly playgroup for children ages 0-5.

#### **Infant Massage**

**Date(s):** Call for dates

**Time:** 10:00—11:00 a.m.

**Location:** TBA, Bolling Air Force Base

**Instructor:** Ms. Karla Abney, MSN APRN-BC-POC

**To register, call (202) 404-3523**

During this course parents will learn techniques to calm and soothe their baby through nurturing touch while increasing bonding and attachment. Space is limited. Call for more information and to register.

#### **Bundles for Babies**

**Date(s):** Call for dates

**Time:** 1:00—4:00 p.m.

**Location:** Airmen and Family Readiness Center, Bolling Air Force Base

**Instructor:** Various Agencies

**To register, call (202) 767-0450.**

This Air Force Aid Society initiative is for Air Force Families expecting the birth or adoption of a baby. Topics covered include financial considerations, relationship changes, parenting and supportive resources available. Expectant parents receive a layette gift from the Air Force Aid Society.



### New Parent Support Program

**(202) 404-3622**

*This home-based program provides military Families with skills needed for child rearing experience. Staff consists of a registered nurse and a licensed social worker. Support of maternal, prenatal, breastfeeding and newborn infant care are provided.*

**Child car seat installations done by appointment.**

### Fort Meade, Maryland

#### **Romp N Stomp Playgroup**

**Date(s):** Every Tuesday

**Time:** 9:30—11:30 a.m.

**Location:** Youth Services, 909 Ernie Pyle Rd., Fort Meade

**Instructor:** Ms. Lisa Redmond

**For information, call (301) 677-3617.**

This parent-child playgroup provides socialization and play time for parents and their children.

#### **Parenting in the Midst of Deployment Support Group**

**Date(s):** First (1st) and Third (3rd) Monday of each month

**Time:** 5:30—7:00 p.m.

**Location:** CYS Central Registration, 1900 Reece Road, Fort Meade

**Instructor:** Ms. Lisa Redmond, LCSW-C

**To register, call (301) 677-3617.**

For parents who have a deployed spouse to learn ways to help their children cope with separation from their deployed parent, to gain support and learn new parenting skills.

#### **Single Parent Support Group**

**Date(s):** Second (2nd) & Fourth (4th) Monday of each month

**Time:** 5:30—7:00 p.m.

**Location:** CYS Central Registration, 1900 Reece Road, Fort Meade

**Instructor:** Ms. Lisa Redmond, LCSW-C

**To register, call (301) 677-3617.**

Support Group for single parents that decreases social isolation for both parents and children while providing an interactive and supportive environment. Free childcare on the premises.

## PARENTING

### ***Common Sense Parenting***

**Date(s):** October 15, & November 19, 2010

**Time:** 11:30 a.m. –12:30 p.m.

**Location:** Fleet & Family Support Center (FFSC), Fort Meade

**Instructor:** Ms. Julie Yates

**For information, call (301) 677-9014/17/18.**

This is a proven program for raising responsible kids and building happy Families. October's topic is "Correcting Problem Behaviors" and November's topic is "Helping Emotionally Intense Situations". Open to all branches of service, their Family Members, DoD Card holders, contractors and more... Call FFSC to register.

### ***Parenting With A Purpose***

**Date(s):** November 10, 17, 24, & December 1, 8, 15, 2010—SIX SESSIONS

**Time:** 9:30—11:30 a.m.

**Location:** Heritage Park Community Center, Fort Meade

**Instructor:** Ms. Lisa Redmond, LCSW-C

**For information, call (301) 677-3617.**

Interactive parenting class for parents who have children ages infancy to 18. Learn new skills to enrich the relationship with your child. Learn non-physical discipline techniques.

## **PARENTS NITE OFF RESPIRE CARE**

**Third Friday of every month 6:00-9:00 p.m.**

**For more information call (301) 677-3617**

### **JBM-HH Fort Myer, Virginia**

#### ***Toddler Time***

**Date(s):** First (1st) and Third (3rd) Wednesday of each month

**Time:** 10:30—11:30 a.m.

**Location:** First Wednesday at the Library, Bldg. 417, & Third Wednesday at the Fitness Center, Bldg. 414, Fort Myer

**Instructor:** Ms. Gale Malone

**To register, call (703) 696-3512.**

Join other children and parents on the first Wednesday of the month for a story and craft hour at the library. On the third Wednesday of the month we will have developmental play activities that will help children build social, emotional and gross motor skills. Please call to register.

#### ***Budgeting for Baby & Baby Bundles***

**Date(s):** October 1, 2010

**Time:** 1:00—4:00 p.m.

**Location:** Army Community Service, Room 14, Bldg 201, Fort Myer

**Instructor:** Mr. Leonard Toyer, Ms. Heather Taylor & Ms. Gale Malone

**To register, call (703) 696-3510.**

New and expectant parents will learn to prepare themselves and their finances for the responsibilities of parenthood. The layette program is sponsored by Army Officer's Wives Club of the Greater Washington Area (AOWCGWA). Class size is limited, call early to pre-register.



#### ***Lunch & Learn: Stress Management for Parents***

**Date(s):** October 5, 2010

**Time:** 12:00—1:00 p.m.

**Location:** Army Community Service, Room 14, Bldg. 201, Fort Myer

**Instructor:** Ms. Gale Malone

**To register, call (703) 696-3512.**

*Life YOUiversity*

Are you feeling stressed out that your kids are driving you crazy? Then join us for this brown bag lunch seminar where participants will learn to define stress, recognize sources of stress, identify common reactions to stress and learn stress reduction techniques.

### ***Parents Helping Parents***

**Date(s):** October 8, 2010

**Time:** 11:00 a.m. — 12:00 p.m.

**Location:** Fire Station, Bldg. 415, Fort Myer

**Instructor:** Ms. Gale Malone

**To register, call (703) 696-3512.**

Join us as we take a tour of the Fire department during Fire Prevention Month. Children will get a close up look at a fire truck while learning about fire safety.

### ***Lunch & Learn: First Aid for Parents***

**Date(s):** November 2, 2010

**Time:** 12:00—1:00 p.m.

**Location:** Army Community Service, Room 14, Bldg. 201, Fort Myer

**Instructor:** Ms. Gale Malone

**To register, call (703) 696-3512.**

Join us for lunch as we learn and review some of the basics of first aid. This class will look at and discuss some of the injuries that occur around the house with children and how to treat them. This is not a certification course.

### **JBM-HH Henderson Hall, Virginia**

#### ***Parenting Series***

**Date(s):** October 4, 11, 18, 25, 2010

**Time:** 1:00 — 3:00 p.m.

**Location:** Bldg. 29, Henderson Hall

**Instructor:** Ms. Diane Waters

**To register, call (703) 614-7204.**

This 4 part parenting series gives participants tools to be effective parents, learn parenting skills and improve old ones and understand your child and his/her behavior.

#### ***Baby Boot Camp***

**Date(s):** November 5, 2010

**Time:** 8:30 a.m. —3:30 p.m.

**Location:** Bldg. 12, Henderson Hall

**Instructor:** Ms. Diane Waters

**To register, call (703) 614-7204.**

The New Parent Support Program (NPSP) provides supportive and caring services to military Families with children up to the age of six. Baby Boot Camp, is an all day workshop in the basics of newborn care. Expectant parents will learn diapering, bathing, feeding, how to soothe a crying infant, when to call the doctor, safe sleeping practices, all about immunizations and how to enjoy being a parent.



#### ***1-2-3 Magic***

**Date(s):** November 22, 2010

**Time:** 1:00 — 3:00 p.m.

**Location:** Bldg. 29, Henderson Hall

**Instructor:** Ms. Diane Waters

**To register, call (703) 614-7204.**

1-2-3 Magic is a discipline class designed to give parents of children ages 2-12, structured and effective techniques for encouraging good behavior, managing difficult behavior and strengthening the parent-child relationship. This class teaches parents to use time-outs and positive reinforcement techniques and helps parents practice and model self-control.

***All Classes Subject to Change***



## PARENTING (CONTINUED)

Live Homework Help Online Tutoring is a free, live online tutoring service for K-12 students, college students, and adult learners available 24/7.

Students work with certified tutors on homework, essay writing and test prep in 20 subjects. Student and tutor use chat, interactive whiteboards and file-sharing in a secure online classroom. Sessions can be replayed, emailed and printed.

To obtain a Family password to Tutor.com at no charge, please contact,  
Bart MacMillan at Henderson Hall  
Lifelong Learning

Phone #: 703-614-9104.

### Patuxent River, Maryland

#### Active Parenting—Ages 5-12

**Date(s):** October 12, 19, 26, 2010

**Time:** 6:00—8:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Lolita Tyler-Lockett

**To register, call (301) 342-4911.**

Discover how to eliminate power struggles with discipline techniques that really work. At the same time, learn how to develop your children's pride, inner strength, and sense of responsibility. This presentation utilizes a video and discussion format.

#### Budgeting for Baby

**Date(s):** October 27, 2010

**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Chapel Annex, Bldg 401, NAS Patuxent River

**Instructor:** Ms. Maureen Farrell

**To register, call (301) 342-4911.**

The Navy Marine Corps Relief Society (NMCRS) will illustrate the hidden costs associated with a growing family. All Navy and Marine Corp Service Members that attend will receive a new layette worth more than \$100.

#### 1-2-3-4 Parents

**Date(s):** November 2, 9, 16, 2010

**Time:** 6:00—8:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Lolita Tyler-Lockett

**To register, call (301) 342-4911.**

A three-session program designed to meet the special challenges of parenting children in the one-to-four year old age group. The program focuses on the following: developmental stages, disciplining strategies, encouragement skills, building self-esteem, and bonding methods.

### Quantico, Virginia

#### Play Morning (Ages 2-5)

**Date(s):** October 4, 2010

*Life YOUiversity October / November 2010*

**Time:** 10:00—11:30 a.m.

**Location:** Little Hall, New Parent Support Program Activity Room, Marine Corp Base, Quantico

**Instructor:** Ms. Glenda Mitchell & Ms. Marcy Griffio

**To register, call (703) 784-4248.**

An interactive play group for parents and children. Activities include arts and crafts, singing and story time.

#### Baby & Me (Newborn—12 months)

**Date(s):** October 12, 26, & November 9, 23, 2010

**Time:** 10:00—11:30 a.m.

**Location:** Little Hall, New Parent Support Program Activity Room, Marine Corp Base, Quantico

**Instructor:** Ms. Pamela Pospisil

**To register, call (703) 784-4248.**

Practice playing and interacting with your baby. Learn about infant stimulation, infant massage, infant sign language, music and your baby and how to read to your baby.

#### Baby Boot Camp

**Date(s):** October 15, & November 19, 2010

**Time:** 8:30 a.m. — 3:00 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** Ms. Pam Pospisil & Ms. Marcy Griffio

**To register, call (703) 784-4248.**

Come learn about how to care for your newborn baby and about the fulfillment of being a parent.



#### Moms' Support Group

**Date(s):** October 19, & November 16, 2010

**Time:** 10:00 — 11:30 a.m.

**Location:** Little Hall, Marine Corp Base, Quantico

**Instructor:** Mrs. Marcy Griffio

**For more information, call (703) 784-4832.**

A support group for moms of children up to age six. Come share the joys and challenges of raising young children.

#### 1-2-3 Magic Workshop

**Date(s):** October 21, 2010

**Time:** 1:00 — 3:00 p.m.

**Location:** Little Hall, New Parent Support Program Activity Room, Marine Corp Base, Quantico

**Instructor:** Ms. Patricia Burkes

**To register, call (703) 784-4832.**

This workshop is designed for parents of children ages 2-12. The program explores and teaches consistent and effective disciplinary techniques.

#### Parenting Class—4 Part Series

**Date(s):** November 2, 9, 16, 23, 2010

**Time:** 1:00 — 4:00 p.m.

**Location:** Little Hall, New Parent Support Program Activity Room, Marine Corp Base, Quantico

**Instructor:** Ms. Glenda Mitchell

**To register, call (703) 784-4832.**

Classes are designed to help parents learn new parenting skills and improve old ones through a comprehensive 4 week class series.

Enhanced Emergency Child Care & Family Child Care Homes  
For criteria and more information call (703) 614-7332

*All Classes Subject to Change*

## HOME, HEALTH & MARRIAGE ENRICHMENT

### Joint Base Andrews, Maryland

#### *Tobacco Cessation Program*

**Date(s):** Offered monthly, please call for dates

**Time:** 11:30 a.m. —1:00 p.m.

**Location:** Health & Wellness Center, Bldg 1444, Joint Base Andrews

**Instructor:** TBA

**To register, call (240) 857-5601/4292.**

This course provides guidance and instructions for those individuals who desire to quit tobacco use. This is a weekly workshop that meets every Thursday for 4 sessions. The program helps you to: learn the methods to quit tobacco usage; identify your readiness to change your behavior; learn substitute behavior for tobacco use during times of stress; and develop long-term strategies to stay tobacco free. Participants must attend all sessions. Follow-up at 3, 6, and 12 months will be conducted. Medication and patches are available for TRICARE beneficiaries only.



#### *Stress Management*

**Date(s):** Offered monthly, please call for dates

**Time:** 1:00—2:00 p.m.

**Location:** Health & Wellness Center, Bldg 1444, Joint Base Andrews

**Instructor:** TBA

**To register, call (240) 857-5601/4292.**

The program covers several areas essential in gaining awareness and developing better coping skills in managing every day stress.

#### *Fitness Fundamentals & Weight Management*

**Date(s):** Offered monthly, call for dates

**Time:** 8:30—10:30 a.m.

**Location:** Health & Wellness Center, Bldg 1444, Joint Base Andrews

**Instructor:** TBA

**To register, call (240) 857-5601/4292.**

This class combines basic nutrition and meal planning for weight management with the fundamentals of starting and developing a fitness program. Fitness attire is not required however participants should dress comfortably in loose fitting clothes and proper shoes.



#### *Pregnancy & Exercise*

**Date(s):** Offered monthly, call for dates

**Time:** 8:00 —9:00 a.m.

**Location:** Health & Wellness Center, Bldg 1444, Joint Base Andrews

**Instructor:** TBA

**To register, call (240) 857-5601/4292.**

This class will give you information you need to exercise safely and effectively during your pregnancy. Information follows the American College of Obstetricians and Gynecologists (ACOG) guidelines for exercise during pregnancy. Be sure to talk with your doctor before you start or continue any exercise program.

#### *Anger Management Group*

**Date(s):** TBD, please call for information

**Time:** 10:00—11:30 a.m.








**Location:** Mental Health Clinic, Joint Base Andrews

**Instructor:** Ms. Barrett or Capt Blueford

**To register, call (240) 857-7186.**

Understanding the problems, recovery and how to change the behavior and the mind. This group is closed once the group has started.

### ANDREWS RELOCATION SERVICES AVAILABLE

-  NEWCOMERS ORIENTATION
-  HEART LINK SPOUSES ORIENTATION
-  PCS OVERSEAS RELOCATION BRIEFINGS
-  SPONSORSHIP TRAINING
-  LENDING LOCKER
-  RELOCATION ASSISTANCE-MILITARY HOMEFRONT
-  CHILD CARE FOR PCS

**For more information about any of these services contact the Airman and Family Readiness Center at (301) 981-7087**

### Fort Belvoir, Virginia

#### *Army Family Action Plan Symposium (AFAP)*

**Date(s):** November 18-19, 2010

**Time:** 9:30 a.m. — 4:00 p.m.

**Location:** Barden Education Center, Fort Belvoir

**POC:** Ms. Faithleen Henderson

**To register, call (703) 805-4152.**

The Symposium allows delegates to identify military global quality of life issues affecting the community and recommend solutions.



### Fort Belvoir

**Looking for DELEGATES and ISSUES**



### AFAP SYMPOSIUM

**Date:** 18-19 November 2010 @ 0800-1600

**Location:** Barden Education Center, Building #1017, Belvoir Road

**For more information on how to register contact:**

**Faithleen Henderson at (703) 805-4152**

**Faithleen.henderson@us.army.mil**

## HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

### Fort Meade, Maryland

#### **Marriage Enrichment**

**Date(s):** Every Thursday

**Time:** 3:00—4:00 p.m.

**Location:** Army Community Service, 830 Chisholm Avenue, Fort Meade

**Instructor:** Ms. Celena Flowers

**For information, call (301) 677-4357.**

This small group of couples meets regularly to encourage each other in the growth of marriage.

#### **Stress Management**

**Date(s):** October 6, & November 3, 2010

**Time:** 9:00—11:00 a.m.

**Location:** Fleet & Family Support Center (FFSC), Fort Meade

**Instructor:** Ms. Julie Yates

**For information, call (301) 677-9014/17/18.**

Are you stressed? Want to learn about your warning signs and how to deal with everyday pressures of life? Call to register for this free class!

#### **Anger Management**

**Date(s):** October 20, & November 17, 2010

**Time:** 9:00—11:00 a.m.

**Location:** Fleet & Family Support Center (FFSC), Fort Meade

**Instructor:** Ms. Julie Yates

**For information, call (301) 677-9014/17/18.**

Do you have trouble dealing with your anger? Want to learn about your triggers and how to deal with them in positive manners? Then call and register for this free class.

#### **Sponsorship Training**

**Date(s):** November 10, 2010

**Time:** 9:00—11:00 a.m.

**Location:** Fleet & Family Support Center (FFSC), Ft. Meade

**Instructor:** Fleet & Family Support Center Staff

**For information, call (301) 677-9014/17/18.**

This training is provided for all individuals appointed as "SPONSORS" for another inbound individual who will be arriving at this duty location.

### Fort Meade's Domestic Violence Awareness Month Activities

#### **Candlelight Vigil**

**October 1st— 12:00—1:00 p.m. at the Chapel Center, Bldg 7100**

#### **Couples Communication Seminars**

**October 1st, 8th, 15th — 6:00 to 8:00 p.m. at McGill Training Center**

#### **Family Fun Run/Walk**

**October 2nd — 8:00 a.m.—1:00 p.m. on the Parade**

#### **Healthy vs. Unhealthy Relationships**

**October 4th— 1:00—2:00 p.m. at the Community Readiness Center, Patriot Room**

#### **Purple Shirt/Ribbon Day:**

**October 5th — The community is invited to show their support against Family Violence by wearing a purple shirt or displaying a purple ribbon**

#### **Know Your Rights-Foreign Born Spouses**

**October 6th — 1:00 to 2:00 p.m. at the McGill Training Center**

#### **Hopeline Phone Collection**

**October 7th, 14th, 21st, 28th — at the Community Readiness Center**

#### **Self Defense Course for Military Spouses**

**October 9th—2:00—5:00 p.m. at 8865 Stanford Blvd.**

#### **Spousal Rights Seminar for Military Spouses**

**October 12th—1:00—2:00 p.m. at the McGill Training Center**

#### **Domestic Violence & Teens**

**October 12th—3:30—4:30 p.m. at the Teen Center**

#### **Clothesline Project**

**October 13th—3:00—4:00 p.m. at the Teen Center**

#### **Family Bowl**

**October 16th—7:00—8:00 p.m. at "The Lanes"**

#### **Protective Orders & The Courts**

**October 18th—1:00—2:00 p.m. at the Community Readiness Center, Patriot Room**

#### **Effective Parenting Seminar**

**October 18th—10:00—11:00 a.m. at the Parent Support Program, Heritage Park**

#### **Domestic Violence & It's Effects on Children**

**October 25th—1:00—2:00 p.m. at the McGill Training Center**

#### **Putting the Brakes on the Spiral of Domestic Violence**

**October 29th — 9:00 —10:00 a.m. at the Community Readiness Center, Patriot Room**

**For more information and to pre-register for these events call Ms. Tina Gauth (301) 677-4117**



## HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

### JBM-HH Fort Myer, Virginia

#### *Iraq Customs and Culture Briefing*

**Date(s):** October 5, & November 2, 2010

**Time:** 9:30—10:30 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Ms. Nancy Martel / Ms. Rene' Fizer

**To register, call (703) 696-0156.**

Overview of the customs and culture of Iraq.

#### *Smooth Move*

**Date(s):** October 12, & November 9, 2010

**Time:** 1:30 — 3:00 p.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Ms. Rene' Fizer

**To register, call (703) 696-0156**

Get the latest information about ACS Relocation resources, the transition process, transportation information, travel pay & allowances, shipping household goods and budgeting for your move.

#### *Pacific Customs and Culture Briefing*

**Date(s):** October 12, & November 9, 2010

**Time:** 9:30—10:30 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Ms. Nancy Martel / Ms. Rene' Fizer

**To register, call (703) 696-0156/0153.**

Overview of customs and culture for Pacific destinations (primarily Korea).

#### *Citizenship/Naturalization Information Session*

**Date(s):** October 12, 2010

**Time:** 11:30 a.m.—1:00 p.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**POC:** USCIS/Ms. Rene' Fizer

**To register, call (703) 696-0156.**

Information assistance on the process to become a US Citizen.

#### *European Customs and Culture Briefing*

**Date(s):** October 19, & November 16, 2010

**Time:** 9:30—10:30 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Ms. Nancy Martel / Ms. Rene' Fizer

**To register, call (703) 696-0156 / 0153.**

Moving to Europe? Come to one of our classes to learn about the customs and culture of that area before you PCS.

#### *Sponsorship*

**Date(s):** October 20, 2010

**Time:** 10:00— 11:00 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Ms. Rene Fizer

**To register, call (703) 696-0156.**

Information and training for those wanting to be a sponsor.

#### *Annual Community Health, Support & Craft Fair*

**Date(s):** October 21, 2010

**Time:** 9:00 a.m.—2:00 p.m.

**Location:** Spates Community Club, Bldg. 407, Fort Myer

**POC:** Ms. Marcia O'Connor

**For more information call (703) 696-3510.**

This annual event is a one-stop venue for health assessments and testing, flu immunizations, therapeutic massage, community awareness, and unique arts and crafts.

#### *Book Club: Anger-Handling a Powerful Emotion in a Healthy Way.*

**Date(s):** October 25, 2010

**Time:** 9:30—11:00 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Ms. Gale Malone

**To register, call (703) 696-3512.**

Life can be full of frustration— Dr. Gary Chapman offers helpful insights on how to recognize "good" anger versus "bad" anger; how to use anger to motivate toward positive change; how to release simmering resentment and how to teach kids to deal with anger to name a few. Pre-registration is required by October 12th. A free book will be given to the first 10 participants to register.

#### *Book Club: SOS- Help for Emotions*

**Date(s):** November 29, 2010

**Time:** 9:30—11:00 a.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Ms. Gale Malone

**To register, call (703) 696-3512.**

If you want to more effectively handle life's problems and frustrations, better manage your relationships or just want to increase self-knowledge and have greater control over unpleasant emotions, this month's book is for you. Join us

### Fort Myer's Domestic Violence Awareness Month Activities

#### *Proclamation Release*

**October 1st— Published in The Pentagon**

#### *Domestic Violence Awareness Displays*

**October 5th, 19th — The Pentagon, 2nd floor Apex 9 & 10**

#### *5th Annual Joint Candlelight Vigil*

**October 7th — 5:00 p.m. in the Rose Garden, Walter Reed Army Medical Center**

#### *Candlelight Vigil and Balloon Release*

**October 13th—1:00—2:00 p.m. — in Conmy Hall**

#### *Domestic Violence 'Empty Place at the Table' Display*

**Throughout the month at the O'Club, and the DFAC**

#### *Tree of Warmth*

**Throughout the month at the CDC/YS—Donations of NEW scarves, gloves, and mittens for DV shelters**

**For more information about these events call Ms. Andrea Verdino (703) 696-6611**

**All Classes Subject to Change**

## HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)



(Continued from page 1)

lasting a few minutes to 24 hours. During or immediately after the Battering Phase outside sources may intervene. This may be in the form of law enforcement, medical providers, or bystanders. In some cases intervention may pose a threat to the victim if the batterer perceives an outside source as interfering with what they feel is a family matter.

The third phase is often referred to as the Honeymoon Phase. During this time the relationship calms down. In some cases a batterer "wines and dines" the victim in order to manipulate the situation to their favor. Though the batterer's remorse for their violent behavior can be genuine, it is often an illusion. This can be confusing for a victim who feels conflicted about accepting a batterer's apology and escaping the abusive relationship. During the Honeymoon Phase the batterer becomes the person the victim fell in love with. The violence ends and it seems as if things have returned to "normal." This can lead a victim to feeling as though they are responsible for maintaining the calm. Victims can begin to take on responsibility for the behavior and emotional well-being of the batterer. Unfortunately, this phase gets progressively shorter as the relationship continues. The calm does not last. The cycle will repeat itself.

If you or someone you know is at risk please contact one of the resources below.

**Fort Myer Family Advocacy Program**  
**Military One Source**  
**National Domestic Violence Hotline**

**703-696-3512**  
**800-342-9647**  
**800-799-SAFE**



### JBM-HH Henderson Hall, Virginia

#### **Welcome Aboard Orientation**

**Date(s):** October 12, & November 9, 2010

**Time:** 8:00a.m. — 3:00 p.m.

**Location:** Marine Club, Henderson Hall

**Instructor:** Mr. Willie Acevedo

**To register, call (703) 614-7202.**

This program informs new joins of all programs and benefits available to them in the National Capital Region; Set Aside Program, Subsidy Programs, Single Marine Program, Marine Corps Exchange, Tricare, and Life Long Learning just to name a few. A FREE tour of Washington, DC follows the brief. Registration is required.

#### **Rape Aggression Defense (RAD) Basic 4-Part Class**

**Date(s):** October 18, 20, 25, 27, 2010

**Time:** 6:00—9:00 p.m.

**Location:** Smith Gym, Henderson Hall

**POC:** Ms. Molly Ryan

**For more information, call (703) 614-7202.**

R.A.D. is a dynamic self defense class aimed to teach women prevention techniques and options to protect themselves if attacked. The mission of the class is to develop and enhance the options of self defense, so that they may become viable options to the woman who is attacked. DoD ID holders are welcome to attend this free class! Please call to register.



#### **Elder Care**

**Date(s):** October 21, 2010

**Time:** 2:00—4:00 p.m.

**Location:** 8th & I

**Instructor:** Ms. Christianne Witten

**To register, call (703) 693-8906.**

Helping you make smart, guilt-free decisions about your aging parents and grandparents.

#### **Anger Management—4 Part Workshop**

**Date(s):** October 27, & November 3, 10, 17, 2010

**Time:** 9:00 — 11:00 a.m.

**Location:** Marine Family Services Conference Room, Bldg 12, Henderson Hall

**Instructor:** Ms. Molly Ryan

**To register, call (703) 693-0086.**

Anger is a normal emotion however many of us struggle to express our emotions in a healthy way. In this four part workshop you will learn how to recognize what triggers your anger and develop realistic strategies that will help reduce angry outbursts. Must attend all four sessions for certification. Registration is required.

#### **Don't Sweat The Small Stuff**

**Date(s):** October 27, & November 24, 2010

**Time:** 6:00—8:00 p.m. & 2:00—4:00 p.m.

**Location:** 8th & I, and Henderson Hall

**Instructor:** Ms. Christianne Witten

**To register, call (703) 693-8906.**

Come learn "Simple ways to keep the little things from taking over your life." Learn to build bridges, open doors to a healthy debate and manage conflict within your personal and professional relationships.

#### **Keychain Defense—RAD Part 2!**

**Date(s):** October 28, 2010

**Time:** 6:00—8:00 p.m.

**Location:** Smith Gym, Henderson Hall

**POC:** Ms. Molly Ryan

**For more information, call (703) 614-7202.**

The Keychain Defense class is for women who have completed the Basic RAD class. Participants will learn how to use the Kubotan keychain as an additional



## HOME, HEALTH & MARRIAGE ENRICHMENT (CONTINUED)

option for self-defense. Participants must have completed the basic class and must register to attend. Please call for details.

### **Overseas Brief**

**Date(s):** October 28, 2010

**Time:** 9:00 — 11:00 a.m.

**Location:** Marine Family Services Conference Room, Bldg 12, Henderson Hall

**Instructor:** Mr. Willie Acevedo

**To register, call (703) 614-7202.**

PCSing Overseas? This class is for you! You can get a bird's eye view of your new duty station in DVD format of all Marine Corps bases. Topics of discussion are TMO, Military HomeFront, Military OneSource, and budgeting for your move.

### **4 Lenses Communication Workshop**

**Date(s):** November 3, 2010

**Time:** 5:00—8:00p.m.

**Location:** MFS Conference Room, Bldg 12, Henderson Hall

**Instructor:** Ms. Christianne Witten

**To register, call (703) 693-8906.**

Through self discovery, learn about your communication preferences, what motivates you and how to tailor your communication style to be the most effective with your co-workers and significant other. This class is open to all branches.

### **Family Care Plan**

**Date(s):** November 5, 2010

**Time:** 2:00—4:00 p.m.

**Location:** Henderson Hall

**Instructor:** Ms. Christianne Witten

**To register, call (703) 693-8906.**

Be prepared when disaster strikes. Establishing an advance plan will prevent problems! A Family Care Plan ensures personal readiness of all Service Members and Civilian Marines.

### **Smooth Move**

**Date(s):** November 18, 2010

**Time:** 9:00—11:00 a.m.

**Location:** MFS Conference Room, Bldg 12, Henderson Hall

**Instructor:** Mr. Willie Acevedo

**To register, call (703) 614-7202.**

PCSing CONUS? This class is for you! You can get a bird's eye view of your new duty station in DVD format of all your Marine Corps bases. Topics of discussion are TMO, Military HomeFront, Military OneSource, and budgeting for your move.

## Patuxent River, Maryland

### **Understanding Stress**

**Date(s):** October 5, 2010

**Time:** 6:00—7:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Tammy Smith

**To register, call (301) 342-4911.**

Manage your stress by learning what it is, what causes it and how to help yourself get a handle on it. Manage it so it doesn't manage you!

### **Personal Communication**

**Date(s):** October 15, 2010

**Time:** 11:30 a.m. — 12:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Tammy Smith

**To register, call (301) 342-4911.**

Would you like to improve your personal communication skills? This one-session workshop can make a difference! Participants learn about different communication styles, conflict resolution, and ways to develop more effective speaking and listening skills.

### **Just My Type**

**Date(s):** October 25, 2010

**Time:** 8:00 a.m.—12:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Mr. Frank Furtado & Ms. Tammy Smith

**To register, call (301) 342-4911.**

Myers-Briggs Type Indicator (MBTI) is a widely used instrument designed to help you have increased insight into yourself and others. MBTI is useful for self awareness, career interest, relationships and leadership. This workshop will also help you re-evaluate how you behave and interact with others.

### **Understanding Holiday Stress**

**Date(s):** November 2, 2010

**Time:** 11:30 a.m.—12:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Tammy Smith

**To register, call (301) 342-4911.**

The extra time with Family and loved ones, elaborate meals, gift-giving and flurry of activity can be fun, heart-warming and exciting. However, the holiday season is also well-known for causing stress! Join us to learn some helpful techniques to manage holiday stress so it doesn't manage you.

## October is...

### **Domestic Violence Awareness Month**



### **Wear a purple ribbon.**

*You may pick up a free purple ribbon pin at  
Joint Base Myer—Henderson Hall's  
Army Community Service Center, Bldg. 201  
While supplies last.  
(703) 696-3512*

THE DC METROPOLITAN MILITARY & CIVILIAN COMMUNITIES INVITE  
YOU TO RAISE AWARENESS TO THE REALITY OF DOMESTIC VIOLENCE

Hosted by the US Army Garrison Walter Reed

# 5<sup>TH</sup> Annual Candle Light Vigil

THURSDAY, 7 OCTOBER 2010  
1700 - 1900 HRS  
ROSE GARDEN

Keynote: Major General Carla G. Hawley-Bowland



For more information please contact: ARMY COMMUNITY SERVICE FAMILY ADVOCACY PROGRAM Tel: (202)782-3414 or [raphaela.brown@us.army.mil](mailto:raphaela.brown@us.army.mil)

## PERSONAL GROWTH

### Fort Belvoir, Virginia

#### *Army Volunteer Corps AFAP/AFTB Advisory Council*

**Date(s):** October 19, & November 9, 2010

**Time:** 1:00 — 2:30 p.m.

**Location:** Army Community Service, White Room, Bldg 200,  
9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Faithleen Henderson

**To register, call (703) 805-4152.**

This council allows volunteers and members of the installation to exchange information and discuss upcoming events.

#### *Army Volunteer Corps Orientation*

**Date(s):** October 21, & November 10, 2010

**Time:** 11:00 a.m. — 12:30 p.m.

**Location:** Army Community Service, White Room, Bldg 200, 9800 Belvoir  
Road, Fort Belvoir

**Instructor:** Ms. Faithleen Henderson

**To register, call (703) 805-4152.**

The Orientation provides volunteers with information on how to register, how to track volunteer hours and of available volunteer opportunities on the installation.

#### *Army Family Action Plan Training*

**Date(s):** November 16, 2010

**Time:** 9:30 a.m. — 4:00 p.m.

**Location:** Vernondale Community Center, Fort Belvoir

**Instructor:** Ms. Faithleen Henderson

**To register, call (703) 805-4152.**

The AFAP Training will familiarize delegates with the AFAP program and guide them in how to put together their issues.

### JBM-HH Henderson Hall, Virginia

#### *Armed Forces Classification Test (AFCT)*

**Date(s):** Every Monday

**Time:** 8:30 a.m. — 12:30 p.m.

**Location:** Bldg 29, Room 204, Henderson Hall

**Instructor:** Ms. Anne-Marie Guthrie (Test Examiner)

**To register, call (703) 614-9104.**

The AFCT, formerly known as Armed Services Vocational Aptitude Battery (ASVAB), consists of questions in nine different areas: General Science, Arithmetic Reasoning, Work Knowledge, Paragraph Comprehension,

## PERSONAL GROWTH (CONTINUED)

Numerical Operations, Auto and Shop Information, Mathematical Knowledge, Mechanical Comprehension, and Electronic Information.  
AFCT is for active duty personnel only.

### **College 101 / TA Brief**

**Date(s):** Every Tuesday

**Time:** 9:00—10:00 a.m.

**Location:** Bldg 29, Room 204, Henderson Hall

**Instructor:** Mr. Bart McMillan

**To register, call (703) 614-9104.**

College 101 is your guide on the road to success! It will prepare you for taking that first step toward your goal. This informational brief will equip you for success as you pursue your voluntary, off-duty education.

### **College-Level Examination Program (CLEP) & DANTES Subject Standardized Tests (DSSTs)**

**Date(s):** Every Wednesday

**Time:** 9:00—10:00 a.m. & 1:00—3:00 p.m.

**Location:** Bldg 29, Room 204, Henderson Hall

**Instructor:** Park University Services

**To register, call (703) 486-8666.**

CLEP & DSSTs are computer-based and used to grant exemption from and credit for specific college courses. Free to active duty/reserve personnel; for eligible civilians and veterans each test costs \$80 plus \$20 administrative fee.

### **Defense Language Aptitude Battery (DLAB)**

**Date(s):** Every Tuesday & Wednesday (DLAB Wednesday)

**Time:** 8:30 a.m. — 2:30 p.m.

**Location:** Bldg 29, Room 204, Henderson Hall

**Instructor:** Ms. Anne-Marie Guthrie (Test Examiner)

**To register, call (703) 614-9104.**

The DLPT is designed as a standard test for determining listening and reading proficiency in a foreign language. The DLAB is used to test the general ability of a Service Member to learn a foreign language.



### **Test of Adult Basic Education (TABE)**

**Date(s):** Every Thursday

**Time:** 10:00 — 11:30 a.m.

**Location:** Bldg 29, Room 204, Henderson Hall

**Instructor:** Ms. Anne-Marie Guthrie (Test Examiner)

**To register, call (703) 614-9104.**

TABE is a standard test designed to measure a Marine's basic language, basic reading, and mathematical levels of proficiency. It is required prior to participation in the Military Academic Skills Program (MASP) and may be used to determine eligibility for participation in the Tuition Assistance Program.

### **Family Readiness Assistant Training**

**Date(s):** October 5, 23, & November 2, 2010

**Time:** 9:00 a.m. — 4:30 p.m.

**Location:** Bldg 28, 2nd Floor, Henderson Hall

**Instructor:** Omar Teran

**To register, call (703) 693-1253.**

This volunteer training is for spouses, parents and extended Family Members appointed to the role of Family Readiness Assistant for the unit. This training covers all aspects of the Assistants' role on the Command Team and expectations in the Unit Family Readiness program, to include official communication, resources and referral and outreach to unit Families. This is a 6 hour training course required for appointed volunteers.

### **Who Moved My Cheese—Leadership Skills**

**Date(s):** October 7, 9, & November 5, 2010

**Time:** 6:00—8:00 p.m. (Oct. 7th & Nov. 5th) & 9:00—11:00 a.m. (Oct. 9th)

**Location:** Henderson Hall

**Instructor:** Ms. Christianne Witten

**To register, call (703) 693-8906.**

Learn to lead from the front in your personal and professional life and how to deal effectively with change!

### **Family Readiness Officer Training (FRO)**

**Date(s):** October 14, & November 12, 2010

**Time:** 9:00 a.m.— 4:30 p.m.

**Location:** Bldg 29, Classroom 105, Henderson Hall

**Instructor:** Omar Teran

**To register, call (703) 693-1253.**

This training is for all civilian, active duty and deputy Family readiness officers assigned and appointed to the unit. This training covers the command team, the layout of unit Family readiness program, funding administration, volunteer management and readiness and deployment support. This is a 6 hour required training.

### **Volunteer Tracking Tool**

**Date(s):** October 26, 27, & November 15, 16, 2010

**Time:** 9:00 a.m.— 4:30 p.m.

**Location:** Bldg 29, Classroom 105, Henderson Hall

**Instructor:** Omar Teran

**To register, call (703) 693-1253.**

This training provides FRO/DFRO with the tools to utilize the USMC approved tool to manage unit level volunteer programs and volunteer staff with their respective units.

### **Family Readiness Advisor Training**

**Date(s):** October 28, & November 4, 2010

**Time:** 9:00 a.m.— 4:00 p.m.

**Location:** Bldg 28, 2nd Floor, Henderson Hall

**Instructor:** Omar Teran

**To register, call (703) 693-1253.**

This volunteer training is for spouses, parents and extended Family Members appointed to the role of Family Readiness Advisor for the unit. This training covers all aspects of the Advisors role on the Command Team and expectations in the Unit Family Readiness program. Family Readiness Assistant training is required prior to this course.

## Life YOUiversity

Read it on the web at:

[www.jbmhh.army.mil](http://www.jbmhh.army.mil)  
[www.fmmcmwr.com/acs.htm](http://www.fmmcmwr.com/acs.htm)

Find more family programs on the web at:

[www.mccshh.com](http://www.mccshh.com)



# MILITARY FAMILY TEAM BUILDING

## Fort Belvoir, Virginia

### AFTB - Level I

**Date(s):** October 8, & November 4, 2010

**Time:** 9:30 a.m.—3:30 p.m.

**Location:** Army Community Service, 9800 Belvoir Road, Bldg. 200, Fort Belvoir

**POC:** Ms. Colandra Sealey

**To register, call (703) 805-5556.**

Level I consists of 10 classes to help navigate the military life such as Army Acronyms, Chain of Command, Benefits & Entitlements, just to name a few.

### AFTB - Level II

**Date(s):** October 12-14, 2010

**Time:** 9:30 a.m.—3:00 p.m.

**Location:** Army Community Service, 9800 Belvoir Road, Bldg. 200, Fort Belvoir

**POC:** Ms. Colandra Sealey

**To register, call (703) 805-5556.**

Level II offers ways to effective problem solving and networking with community agencies.

### Briefer Training

**Date(s):** October 22, 2010

**Time:** 9:30 a.m.—3:00 p.m.

**Location:** Army Community Service, 9800 Belvoir Road, Bldg. 200,

Fort Belvoir

**POC:** Ms. Colandra Sealey

**To register, call (703) 805-5556.**

This course is designed to teach you how to become an effective Army Community Service briefer.

### Army Family Team Building Level III

**Date(s):** November 9-11, 2010

**Time:** 9:30 a.m.—3:00 p.m.

**Location:** Army Community Service, 9800 Belvoir Road, Bldg. 200, Fort Belvoir

**POC:** Ms. Colandra Sealey

**To register, call (703) 805-5556.**

Building a Cohesive Team. Covers group conflict management and problem solving techniques for leaders.

## Fort Meade, Maryland

### Military Family Team Building - Level I Concept Block

**Date(s):** November 5, 2010

**Time:** 8:00 a.m. — 12:00 p.m.

**Location:** Community Readiness Center, 830 Chisholm Road, Fort Meade

**POC:** Ms. Pia Morales

**To register, call (301) 677-5590.**

Welcome to the Military concept block which is targeted towards Families and employees new to Ft. Meade or anyone interested in enhancing their knowledge of basic Military customs and courtesies.

## AFTB NEWS UPDATE

### Army Community Service Standardizes Training



The goal for the Standardized Training is to provide structured, integrated training program for Army Community Service clients; standardized lesson plans for all required ACS classes. These classes will make ACS staff and volunteers more proficient in briefing, facilitation and instructional skills; maintain qualified ACS Master Trainers, and ACS Core Trainers. Trained ACS Master Trainers will teach three local training courses. Instructor Trainers Course (ITC), Briefer Training Course (BTC), and Facilitator Training Course (FTC). Fort Belvoir will offer Briefer Training Course on October 20 at the ACS Building 9800 Belvoir Rd. For more information on all up-

coming training please e-mail [Colandra.sealey2@us.army.mil](mailto:Colandra.sealey2@us.army.mil).

## JBM-HH Henderson Hall, Virginia

### LINKS for Spouses

**Date(s):** October 6, & 30, &

November 9, & 10, 2010

**Time:** 9:00 a.m. — 4:00 p.m. (October 6, & 30)

5:00—9:00 p.m. (November 9, & 10)

**Location:** MFCFTB Office, Bldg 28, 2nd floor, Henderson Hall (October 6, & 30) & Bldg. 12 Conference Room, Henderson Hall (November 9, & 10)

**Instructor:** Ms. Patricia Sowell

**To register, call (703) 693-1457.**

This program offers an orientation to the Marine Corps lifestyle, helping spouses new to the Marine Corps community adapt to the unique challenges Military life often presents. Learn about Marine Corps history, benefits and services, dealing with separations and deployments, tips on moving, and much more.



### LINKS for Kids

**Date(s):** October 23, 2010

**Time:** 9:00 a.m. — 12:00 p.m.

**Location:** MFS Conference Room, Bldg 12, Henderson Hall

**Instructor:** Ms. Patricia Sowell

**To register, call (703) 693-1457.**

Military kids look to one another to understand the Marine Corps mission, have fun, and make new friends, while gaining the insight and knowledge to help them succeed in this unique Military lifestyle.





## MILITARY FAMILY TEAM BUILDING (CONTINUED)

### *LINKS for Marines*

**Date(s):** November 3, 2010

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Bldg 12, Conference Room, Henderson Hall

**Instructor:** Ms. Patricia Sowell

**To register, call (703) 693-1457.**

Each Marine is ultimately responsible for his or her personal and Family readiness and LINKS will aid Marines in achieving this. Information about Military lifestyle, as well as the benefits and services the Marine Corps offers will be presented.

**Military Family Team Building Courses  
and Info online at:**

[www.myarmyonesource.com/  
familyprograms/default.aspx](http://www.myarmyonesource.com/familyprograms/default.aspx)  
[www.usmc-mccs.org/mcftb](http://www.usmc-mccs.org/mcftb)

NEW

## VETERAN, RETIREMENT & TRANSITION ASSISTANCE

### JBM-HH Henderson Hall, Virginia

#### *Transition Assistance Program (TAP) Separation Workshop*

**Date(s):** October 4-7, & November 1-4, 2010

**Time:** 8:00 a.m. — 4:00 p.m.

**Location:** Bldg 29, Room 104, Henderson Hall

**Instructor:** Various Speakers

**To register, call (703) 614-6828.**

This workshop provides employment assistance and transition resources to separating Marines and their spouses. TAP is designed to provide accurate and relevant information pertaining to career opportunities, job search techniques, networking, education and training benefits, health and life insurance options, financial planning, and veteran's benefits and entitlements. Registration required.

#### *DTAP Workshop*

**Date(s):** October 13, & November 17, 2010

**Time:** 1:00 — 3:00 p.m.

**Location:** Bldg 29, Room 104, Henderson Hall

**Instructor:** Mr. James Burke, Department of Veterans Affairs

**To register, call (703) 614-6828.**

The Disabled Transition Assistance Program is designed to assist individuals seeking information in reference to service-connected disabilities. If you think you may have a service-connected disability, you should attend to gain more knowledge and have a better understanding of the process and entitlements. Registration required.

#### *eTAP Workshop*

**Date(s):** October 25-29, & November 29-December 3, 2010

**Time:** 8:00 a.m. — 4:00 p.m.

**Location:** Bldg 29, Room 104, Henderson Hall

**Instructor:** Various Speakers

**To register, call (703) 614-6828.**



The Executive Transition Assistance Program (eTAP) is open to E8 and O5 and above who are within two years of retirement and provides imperative career information and accommodates the specific needs of senior Military leaders. Catering to executive-level leadership and high-profile positions those senior leaders seek, eTAP expands on the Department of Labor's TAP curriculum. The week-long course incorporates the Pre-Separation Counseling brief covering benefits and entitlements upon retirement from Military service. Registration required.

#### *TAP Retirement Workshop*

**Date(s):** November 15-18, 2010

**Time:** 8:00 a.m. — 4:00 p.m.

**Location:** Bldg 29, Room 104, Henderson Hall

**Instructor:** Various Speakers

**To register, call (703) 614-6828.**

This workshop provides employment assistance and transition resources to retiring Marines and their spouses. TAP is designed to provide accurate and relevant information pertaining to career opportunities, job search techniques, networking, education and training benefits, health and life insurance options, financial planning, and veteran's benefits and entitlements. Registration required.

### **Veteran Affairs (VA) has moved!!**

Department of Veteran Services is located in the education building,  
3089 Roan St., Room 14.

Agent: Mr. Jason Williams.

Call the office for agent's schedule  
(703) 630-2811

## FINANCIAL READINESS

### Fort Belvoir, Virginia

#### *Budgeting for Baby & Baby Bundles*

**Date(s):** October 8, 2010

**Time:** 1:00—4:00 p.m.

**Location:** Army Community Service, Bldg 200,  
9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Vonnie Blanken &



Ms. Christina Walz-Rios

**To register, call (703) 805-4547/2693.**

Learn how to care for and financially prepare for your baby. Presented jointly by the New Parent Support & Financial Readiness Programs. Class is limited to 12 participants per month and pre-registration is required. Participants receive a layette upon completion of class.

#### *First Termers Money Management*

**Date(s):** October 14, & November 18, 2010

*All Classes Subject to Change*

## FINANCIAL READINESS (CONTINUED)

**Time:** 8:00 a.m. — 4:00 p.m.

**Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

**To register, call (703) 805-4590/2606.**

Learn techniques from balancing your checkbook to buying a car. This seminar is a requirement for Soldiers arriving at their first duty station after BCT and AIT, and for permanent change of station arrivals who have not had the training previously. Spouses, military and DOD personnel who want to improve their personal finance skills are also invited. Active Duty Members will receive a DA Form 87 for inclusion in their military personnel files. Active Duty may wear civilian clothes. Preregistration is required.

### **Financial Services and Account Management**

**Date(s):** October 20, 2010

**Time:** 1:00 — 4:00 p.m.

**Location:** Army Community Service, Bldg 200, Classroom 3, 9800 Belvoir Road, Fort Belvoir

**POC:** Ms. Vonnie Blanken

**To register, call (703) 805-4590.**

This course covers a listing of services offer by banks and credit unions and what they mean to your financial future. Are they really worth the fees? Why is one type better than another? What can banks/credit unions do for you? Find out the truth behind all the services and come-ons offered. Please call to pre-register.

### **Planning For Your Future (BBB)**

**Date(s):** October 27, 2010

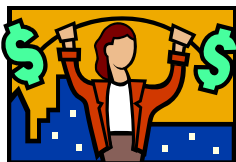
**Time:** 11:30 a.m.— 1:00 p.m.

**Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

**POC:** Ms. Vonnie Blanken

**To register, call (703) 805-4590.**

This presentation discusses steps to maximizing your retirement.



### **Dollar\$ and \$ense**

**Date(s):** November 17, 2010

**Time:** 1:00 — 4:00 p.m.

**Location:** Army Community Service, Bldg 200, Classroom # 3, 9800 Belvoir Road, Fort Belvoir

**POC:** Ms. Vonnie Blanken

**To register, call (703) 805-4590.**

Almost every decision a person makes during the day will influence that household's bottom-line. This seminar provides information, decision aids, and financial calculators directed at all aspects of everyday living, from household budgeting tools to vacation budgeting and savings management.

## Fort Meade, Maryland

### **Spending Plan**

**Date(s):** October 7, 2010

**Time:** 1:00—3:00 p.m.

**Location:** Fleet & Family Support Center (FFSC), Fort Meade

**Instructor:** Ms. Salome Smalling

**For information, call (301) 677-9014/9017/9018.**

Stop and think before you use those credit cards; ask yourself some serious questions. Call to register for the free class and find out what these questions are that should be asked.

### **Consumer Awareness**

**Date(s):** October 21, 2010

**Time:** 1:00—3:00 p.m.

**Location:** Fleet & Family Support Center (FFSC), Fort Meade

**Instructor:** Ms. Salome Smalling

**For information, call (301) 677-9014/9017/9018.**

Buyers beware! Come out to this free class. Call today to register for this class about being a wise consumer.

### **Holiday Buying**

**Date(s):** November 16, 2010

**Time:** 1:00—3:00 p.m.

**Location:** Fleet & Family Support Center (FFSC), Fort Meade

**Instructor:** Ms. Salome Smalling

**For information, call (301) 677-9014/9017/9018.**

Learn ways to shop smarter without having the holiday blues. Call today to register.

## JBM-HH Fort Myer, Virginia

### **Budgeting for Baby & Baby Bundles**

**Date(s):** October 1, 2010

**Time:** 1:00—4:00 p.m.

**Location:** Army Community Service Classroom, Bldg. 201, Fort Myer

**Instructor:** Mr. Leonard Toyer, Ms. Heather Taylor & Ms. Gale Malone

**To register, call (703) 696-3510.**

New and expectant parents will learn to prepare themselves and their finances for the responsibilities of parenthood. The layette program is sponsored by Army Officer's Wives Club of the Greater Washington Area (AOWCGWA). Class size is limited, call early to pre-register.



## JBM-HH Henderson Hall, Virginia

### **Investments & Investing, Part 1 of 3**

**Date(s):** October 5, 2010

**Time:** 11:30 a.m.—2:00 p.m.

**Location:** Marine Family Services Conference Room, Bldg 12, Henderson Hall

**Instructor:** Marine & Family Services Support Staff

**To register, call (703) 614-6950.**

This three part mini course discusses stocks and bonds but focuses on mutual funds. Part one answers basic questions such as: What is a stock? What is a bond? Why do corporations sell them? Then, what is a mutual fund? How does an investor make money on a stock, bond or mutual fund? What are capital gains (losses)? What is compound interest? What is the difference between a rate of interest and a rate of return? Part 1 introduces the use of on-line financial research services to find well-managed, high return acceptable risk, and acceptable cost mutual funds. Part 1 also introduces the concept of "stock valuation," a financial analysis method mutual fund managers and skilled individual investors use to select stocks for their mutual fund portfolios.

### **Investments & Investing, Part 2 of 3**

**Date(s):** October 12, 2010

**Time:** 11:30 a.m.—2:00 p.m.

**Location:** Marine Family Services Conference Room, Bldg 12, Henderson Hall

**Instructor:** Marine & Family Services Support Staff

**To register, call (703) 614-6950.**

Part two describes the broader environment in which stock, bonds, and mutual funds exist and which directly affects the rate of return on investments and the risks in investments. Topics include business and market cycles, effect of

## FINANCIAL READINESS (CONTINUED)

interest rates on stocks and bonds, understanding the factors that contribute to risk in an investment, particularly a mutual fund, and how these risks are identified in mutual fund reports. Stock indexes are discussed, as are index mutual funds and actively managed mutual funds.

### ***Investments & Investing, Part 3 of 3***

**Date(s):** October 19, 2010

**Time:** 11:30 a.m.—2:00 p.m.

**Location:** Marine Family Services Conference Room, Bldg 12, Henderson Hall

**Instructor:** Marine & Family Services Support Staff

**To register, call (703) 614-6950.**

Part three describes types and categories of mutual funds, investor risk tolerance, investor time horizons, criteria for selecting a "good" mutual fund, using online financial research services databases to search for "good" funds, taxes on regular investment accounts and tax-deferred investment accounts (TSP, IRA, 401K), and finally purchasing mutual funds.

### ***Fundamentals of Planning for Retirement from the Military***

**Date(s):** October 26, 2010

**Time:** 11:30 a.m.—2:00 p.m.

**Location:** Marine Family Services Conference Room, Bldg 12, Henderson Hall

**Instructor:** Marine & Family Services Support Staff

**To register, call (703) 614-6950.**

This class provides an overview of five elements of retirement planning:

- 1) Understanding "High-3" & CBS/REDUX
- 2) Introduction to Survivor Benefit Plan (SBP)
- 3) Retirement needs analysis—estimated monthly income needed to support a desired standard of living during retirement and continuing to build your investments to sustain a monthly income
- 4) Outline of company retirement plans you are likely to find in post-active duty employment
- 5) Legacy planning—the purpose, scope, and limitations of basic estate planning documents such as wills, durable powers of attorney, advanced medical directives, and trusts.

Finally, attendees are introduced to financial planning process as practiced by well-trained financial planners who provide the service for a fee in the community. The objective is to acquaint attendees with the planning process and to provide them examples of financial plans they might reasonably develop with the assistance of a professional planner.

### ***Monthly & Annual Money Management***

**Date(s):** November 2, 2010

**Time:** 11:30 a.m. —2:00 p.m.

**Location:** Marine Family Services Conference Room, Bldg 12, Henderson Hall

**Instructor:** Marine & Family Services Support Staff



#### ***Financial Check-Up?***

You check your oil, you check your doors for security— but when was the last time you checked your financial status?

Our financial manager is located at Marine Corp Base Quantico, Chapel Annex, 3019 Embury Loop.

For appointments, please contact Mr. Louis Bromley at (703) 784-2650 and/or leave a voice mail message.



**To register, call (703) 614-6950.**

Learn to set and evaluate your financial goals and objectives. Learn an easy method to track income, expenses, savings, and credit, and how to set and meet priorities for spending in the future. The class includes related facets of personal financial management: identifying needs vs. wants, fixed and variable expenses, discretionary expenses, emergency funds, revolving savings funds, and appropriate savings accounts. The course provides basic, easy-to-use formats for managing daily expenses. The formats are designed to be used manually (paper and pencil) or using an already formatted Excel workbook. Course also includes an orientation to the popular and very user-friendly "Mint.com," a free on-line personal financial management application.

## Patuxent River, Maryland

### ***Retirement Planning***

**Date(s):** October 6, 2010

**Time:** 11:30 a.m.—12:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Alison Whyde

**To register, call (301) 342-4911.**

An interactive program which introduces class participants to the basic concepts of retirement planning; including the Military retirement pay plans, Thrift Savings Plan (TSP) and Individual Retirement Accounts (IRAs).

### ***Holiday Finances***

**Date(s):** October 27, 2010

**Time:** 11:30 a.m.—12:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Alison Whyde

**To register, call (301) 342-4911.**

Learn how to reduce the financial stress of the holidays. This 60-minute workshop helps participants financially meet holiday spending demands without the pain of too much debt. Make the most of the holiday season.

### ***Credit Management***

**Date(s):** November 10, 2010

**Time:** 11:30 a.m.—12:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Ms. Alison Whyde

**To register, call (301) 342-4911.**

This workshop offers information designed to help develop knowledge and skills that will enable the participant to establish and maintain a good credit rating, avoid excessive debt, and make wise use of credit as a consumer.

## Fort Myer Financial Readiness Program

*Classes offered include*

- \$\$ Retirement Planning
- \$\$ Buying a Foreclosed Home
- \$\$ Remedial Check Writing
- \$\$ Living Wills and Trusts
- \$\$ Personal Financial Readiness
- \$\$ Understanding Your Credit
- \$\$ The Wise Consumer
- \$\$ Banking and Financial Services
- \$\$ First Termers Money Management

*All Classes Require Pre-registration*

**Call (703) 696-0163 for more information and to pre-register**

## EMPLOYMENT READINESS

### Fort Belvoir, Virginia

#### **Employment Readiness Orientations**

**Date(s):** Every Tuesday

**Time:** 12:45—2:30 p.m.

**Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

**POC:** Ms. Lauren Dupree

**To register, call (703) 805-4590.**

Overview of services available. Please bring your military ID card and 3 copies of your resume.

#### **ABC's of Federal Employment**

**Date(s):** October 7, & November 4, 2010

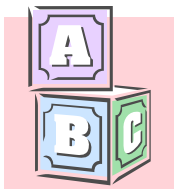
**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

**POC:** Ms. Lauren Dupree

**To register, call (703) 805-4590.**

This class is an overview of federal employment practices and hiring procedures.



#### **Federal Resume Preparation / KSA's**

**Date(s):** October 14, & November 18, 2010

**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

**POC:** Ms. Lauren Dupree

**To register, call (703) 805-4590.**

This class teaches the participants how to write an effective federal resume.

#### **ADECCO Recruiting**

**Date(s):** October 18, & November 15, 2010

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

**POC:** Ms. Lauren Dupree

**To register, call (703) 805-4590.**

You must have an appointment. Call for appointment and more info.

#### **Kelly Recruiting**

**Date(s):** October 21, 2010

**Time:** 10:00 a.m.—2:00 p.m.

**Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

**POC:** Ms. Lauren Dupree

**To register, call (703) 805-4590.**

You must have an appointment. Call for appointment and more info.

### Fort Meade, Maryland

*Note: Many of these employment classes are provided jointly by Army Community Service and Fleet and Family Support Center at Ft. Meade.*

#### **Transition Assistance Program**

**Date(s):** October 4-8, & November 1-5, 2010

**Time:** 8:00 a.m. — 4:00 p.m.

**Location:** Smallwood Hall, Fort Meade

**Instructor:** FFSC Staff

**To register call (301) 677-9014.**

This workshop prepares you for transition to the civilian sector and identifies your veteran benefits. You must call to register for this free class.

#### **Resume Writing**

**Date(s):** October 5, & November 2, 2010

**Time:** 9:00 a.m. — 12:00 p.m.

**Location:** 830 Chisholm Avenue, Fort Meade

**Instructor:** ACS or FFSC Staff

**To register, call (301) 677-5590 or (301) 677-9014.**

Come receive tips on creating winning resume styles and selecting the right one for your career goals. Great for those who are new to resume development, as well as those who need a refresher. Also learn about the power of writing cover letters and follow-up letters. Please call to register.

#### **Teen Career Development:**

**Date(s):** October 7, 9, & November 4, 18, 2010

**Time:** 3:00 — 5:00 p.m.

**Location:** Teen Center, 3102 MacArthur Road, Fort Meade

**Instructor:** Ms. Vikki Torrence

**To register, call (301) 677-5590 (ACS) or (301) 677-6054 (Teen Ctr).**

Come to a session that answers questions like: Do You know what you want to be? What skills do you have that match up with the right job? Teens will have the opportunity to explore careers, learn workplace skills, learn about time management and how to create a plan for college—volunteering or a job.

#### **Federal Employment Application & Resume Development**

**Date(s):** October 19, & November 9, 2010

**Time:** 9:00 a.m. — 12:00 p.m.

**Location:** 830 Chisholm Avenue, Fort Meade

**Instructor:** ACS or FFSC Staff

**To register, call (301) 677-5590 or (301) 677-9014.**

Demystify the Federal Employment application process and become more competitive in your job search. Learn how to understand vacancy announcements, develop and track your electronic federal resume, and writing KSA (knowledge, skill & ability) statements. Please call to register.



#### **Career Exploration**

**Date(s):** October 26, 2010

**Time:** 9:00 a.m. — 12:00 p.m.

**Location:** 830 Chisholm Avenue, Fort Meade

**Instructor:** ACS or FFSC Staff

**To register, call (301) 677-5590 or (301) 677-9014.**

Using various assessment tools and techniques, learn about your personality preferences, values, and interests and how to use them for achieving personal and professional success. Please call to register.

#### **Job Search Strategies**

**Date(s):** November 16, 2010

**Time:** 9:00 a.m. — 12:00 p.m.

**Location:** 830 Chisholm Avenue, Fort Meade

**Instructor:** ACS or FFSC Staff

**To register, call (301) 677-5590 or (301) 677-9014.**

Make your job search a success by learning techniques to target your resume, maximize your networks and learn to be savvy in negotiating job offers. Great information is included on dressing for success and tips are provided on how to work a job fair. Please call to register.

**TRANSITIONING? VISIT**

**WWW.ACAP.ARMY.MIL**



## EMPLOYMENT READINESS (CONTINUED)

### JBM-HH Henderson Hall, Virginia

#### *Career Fair Strategies*

**Date(s):** October 12, 2010

**Time:** 9:30 —11:00 a.m.

**Location:** Bldg. 29, Room 104, Henderson Hall

**Instructor:** Career Resource Management Center Staff

**For more information call (703) 614-6828**

This workshop is designed to teach strategies on effectively networking a career fair. Participants will learn how to properly prepare, research participating companies/organizations, develop the "right" questions to ask and how to select appropriate attire for the career fair. Registration required.

#### *Adecco's Military Spouse "Career Connections"*

**Date(s):** October 14, & November 18, 2010

**Time:** 10:00 a.m. — 2:00 p.m.

**Location:** Career Resource Management Center, Henderson Hall

**Instructor:** Adecco Staffing Consultant

**To register, call (703) 614-6828.**

Developed with the specific needs of Military Spouses in mind, Adecco's Military Spouse Career Connection offers continuous support to help you achieve your professional goals. Adecco staff will be on-site at Henderson Hall to interview candidates for employment opportunities. The opportunities will be Temporary to Permanent and/or Direct Hire. While on-site, candidates will have the opportunity to complete an Adecco profile, assessments according to their skill sets, and if qualified; hiring paperwork. Registration required.

#### *Education & Career Fair*

**Date(s):** October 19, 2010

**Time:** 10:00 a.m. —2:00 p.m.

**Location:** Smith Gym, Henderson Hall

**Instructor:** Various companies, federal agencies, colleges and universities.

**For more information call (703) 614-6828**

This event will feature companies, federal and state government agencies, colleges and universities looking for highly qualified candidates throughout the United States. Recruiters will be available to take resumes and conduct interviews with potential applicants. This is an excellent opportunity to network and meet face-to-face with military-friendly employers. All active duty service members, military spouses, retirees, and DOD civilians are highly encouraged to attend!



#### *Ten Steps to a Federal Job*

**Date(s):** October 21, 2010

**Time:** 9:00 a.m. —12:00 p.m.

**Location:** Bldg. 29, Room 104, Henderson Hall

**Instructor:** Career Resource Management Center Staff

**For more information call (703) 614-6828**

This workshop is designed to assist individuals seeking federal employment. The following topics will be covered:

1. Starting your search for federal employment.
2. Understanding the differences between a federal resume and a private sector resume.
3. Finding the "right" key words to build your federal resume.
4. Writing the impossible KSA (Knowledge, Skills & Abilities).

Please register with the Career Resource Management Center.

#### *Career Development Day*

**Date(s):** November 9, 2010

**Time:** 9:00 a.m. — 3:00 p.m.

**Location:** CBIRF, Indian Head, MD.

**Instructor:** CRMC Staff

**To register, call (703) 614-6828.**

This interactive workshop is designed to assist individuals seeking information on career development and enhancement within private and public sector employment. Discover the right career path that fits your personality and values. Three mini-workshops will be presented during the day.



#### **FOUR LENSES**

Participants will discover that there are differences among people in the areas of perception and perspective. You learn that these differences can be categorized and talked about in terms of personality type. Through 4 Lenses, you will discover more about yourself, your values and your goals. A very fun, unique way to learn about yourself and others around you.

#### **CAREER PATHS**

Career planning and development is a lifelong process. This workshop will assist you in identifying the jobs that match your personal and work values, whether you are beginning your first career, need to make a career change or just need to stay on track.

#### **10 STEPS TO A FEDERAL JOB**

This workshop is designed to assist individuals seeking Federal Employment. The following topics will be covered:

1. Starting your search for federal employment
2. Understanding the differences between a federal resume and a private sector resume
3. Finding the "right" key words to build your federal resume
4. Writing the impossible KSA (Knowledge, Skills & Abilities)

### Patuxent River, Maryland

#### *Resume Writing*

**Date(s):** October 28, 2010

**Time:** 1:00 —4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Mr. Frank Furtado

**To register, call (301) 342-4911.**

This program offers many different trends and techniques for writing the best resume possible. Don't get passed over because your resume lacks keywords or isn't in the preferred format. Seating is limited.

#### *Interviewing Techniques*

**Date(s):** November 19, 2010

**Time:** 1:00—4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Mr. Frank Furtado

**To register, call (301) 342-4911.**

Prepare for your upcoming job interview by practicing personal presentation skills such as answering common interview questions, writing follow-up and thank-you letters, and negotiating job offers.

#### *10 Steps to a Federal Job*

**Date(s):** November 23, 2010

**Time:** 1:00—4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Mr. Frank Furtado

**To register, call (301) 342-4911.**

Learn how to navigate the federal job system.

## EMPLOYMENT READINESS (CONTINUED)

### Quantico, Virginia

#### *Spouse Career Day*

**Date(s):** First Monday of every month

**Time:** 9:00—11:00 a.m.

**Location:** Life Long Learning Center (LLLC), Marine Corp Base, Quantico

**Instructor:** Family Member Employment Assistance Program

**For more information, call (703) 784-3232.**

Information on job search strategies, interview techniques and resume assis-

tance will be available, as well as providing resources on and off the base. For further information please contact Mrs. Barbara West.

#### *Local Employment Workshop*

**Date(s):** Every Thursday of each month

**Time:** 6:00—7:30 p.m.

**Location:** Chapel Annex, Quantico Marine Corp Base

**Instructor:** Ms. Barbara West

**To register, call (703) 784-3232.**

This workshop is open to active duty, retirees, Family members and DoD personnel.

## DEPLOYMENT & FAMILY READINESS GROUP (FRG) TRAINING

### Fort Belvoir, Virginia & JBM-HH Fort Myer, Virginia

#### *Pre-Deployment Workshop*

**Date(s):** October 4, & November 8, 2010

**Time:** 10:00 a.m.—12:00 p.m.

**Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Carol Janer & Mr. Byron Wilkinson

**To register, call (703) 805-5683 or (703) 696-1229.**

This workshop will provide Soldiers and Families an understanding of the pre-deployment process and discuss the financial, legal, medical and practical preparation. Pre-deployment checklists are provided. Resources and special programs are explained.

#### *FRG Roundtable*

**Date(s):** October 7, & November 4, 2010

**Time:** 10:30 a.m.—12:00 p.m.

**Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Carol Janer & Mr. Byron Wilkinson

**To register, call (703) 805-5683. or (703) 696-1229.**

October's topic will be "Deployment Through The Holidays". November's topic will be "Army OneSource & Community First". You're invited. FRG leaders, command teams and key volunteers. It's your time! Ask questions, share success stories and get feedback.

#### *Ready 4 Reunion Workshop*

**Date(s):** October 18, & November 15, 2010

**Time:** 9:00—10:30 a.m.

**Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Carol Janer & Mr. Byron Wilkinson

**To register, call (703) 805-5683 or (703) 696-1229.**

Establish realistic expectations about reunion, recognize symptoms of stress and identify helpful and reliable sources of assistance. Learn valuable techniques for communicating with your spouse and recognizing problems that may arise after you Soldier comes home. Ready 4 Reunion training for Families is best received about 6-8 weeks in advance of your Soldier's return.



#### *Reintegration Workshop*

**Date(s):** October 18, & November 15, 2010

**Time:** 10:30 a.m.—12:00 p.m.

**Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Carol Janer & Mr. Byron Wilkinson

**To register, call (703) 805-5683 or (703) 696-1229.**

Whether you are a single or married Soldier, a single-parent Soldier, a spouse or a child, you will face certain stressors associated with reunion. Do you know what to expect when you or your Soldier returns from a deployment? This class provides an understanding of the reunion process, transition in roles and relationships and the importance of communication. Come learn some coping strategies and techniques.



#### *FRG Leader Training: "FRG Advanced"*

**Date(s):** October 20, 2010

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Carol Janer & Mr. Byron Wilkinson

**To register, call (703) 805-5683 or (703) 696-1229.**

The FRG Advanced Workshop is designed to follow the FRG Essentials course. The focus will be on the more difficult challenges the FRG may encounter during the cycles of deployment. Participants will further develop their management and leadership skills and learn tips to enhance the impact of their Unit Family Readiness Group. Students should have completed the FRG Essentials Course.

#### *Family Readiness Support Assistant (FRSA) Training*

**Date(s):** November 9-10, 2010—TWO SESSIONS

**Time:** 9:00 a.m.—3:00 p.m.

**Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

**Instructor:** Ms. Carol Janer & Mr. Byron Wilkinson

**To register, call (703) 805-5683 or (703) 696-1229.**

The modules on the role and responsibilities of the Family Readiness Support Assistant (FRSA) focus on various aspects of the FRSA's duties. They provide FRSAs a comprehensive knowledge of their role and responsibilities, and provide an in-depth look at the various Army Community resources available to Soldiers and their Family members. This training is designed for FRSAs as well as others involved in Family Readiness functions.

#### *Hearts Apart*

*See Support Groups on pg 20*

### Fort Meade, Maryland

#### *Parenting in the Midst of Deployment Support Group*

**Date(s):** First (1st) and Third (3rd) Monday of each month

**Time:** 5:30—7:00 p.m.

## DEPLOYMENT & FAMILY READINESS GROUP (FRG) TRAINING (CONTINUED)

**Location:** CYS Central Registration, 1900 Reece Road, Fort Meade

**Instructor:** Ms. Lisa Redmond, LCSW-C

**To register, call (301) 677-3617.**

For parents who have a deployed spouse to learn ways to help their children cope with separation from their deployed parent, to gain support and learn new parenting skills.



Individuals that have been selected for Individual Augmentee are strongly encouraged to report to FFSC on TAD orders for this week long process. Various presenters will take care of all your IA needs through this one stop shop. Pre-registration is required the Friday prior to the class start date.

### **IA Spouse Brief**

**Date(s):** October 6, & November 3, 2010

**Time:** 12:30—4:30 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Various Commands

**To register, call (301) 342-4911.**

Spouses are encouraged to attend on Wednesday to hear recently returned IA's experiences. Important information for Family support issues.

### **Deployment Briefing**

**Date(s):** October 6, & November 10, 2010

**Time:** 9:00—11:00 a.m. & 2:00—3:30 p.m.

**Location:** Fleet & Family Support Center (FFSC), Fort Meade

**Instructor:** Ms. Karol Yox

**For information, call (301) 677-9014/17/18.**

This briefing will provide good information on preparing for deployment. Sailors are also encouraged to bring their spouses with them, so they can know the resources and support that is available to them during that time.

### **Return and Reunion**

**Date(s):** October 15, & November 17, 2010

**Time:** 9:00 a.m.—12:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Mr. Frank Furtado

**To register, call (301) 342-4911.**

This class is designed to facilitate a smooth transition for military personnel from the combat environment to Family, community and workplace. Spouses are encouraged to attend.

## Patuxent River, Maryland

### **IA Indoctrination**

**Date(s):** October 4-8, & November 1-5, 2010

**Time:** 8:00 a.m.—4:00 p.m.

**Location:** Fleet & Family Support Center, Bldg 2090, NAS Patuxent River

**Instructor:** Various Commands

**To register, call (301) 342-4911.**



## SUPPORT GROUPS

## Joint Base Andrews, Maryland

### **International Born Social Group**

**Date(s):** TBD

**Time:** 3:30—4:30 p.m.

**Location:** 1191 Menoher Drive, FAP Office, Joint Base Andrews

**Instructor:** Ms. Joyce Cravin

**To register, call (240) 857-8153.**

Come meet your peers, share memories of special places, cultural holidays and traditions.

### **Anger Management Group**

**Date(s):** Please call for scheduling (groups last 10 weeks)

**Time:** 10:00—11:30 a.m.

**Location:** Mental Health Clinic at Malcolm Grow Medical Center, Joint Base Andrews

**Instructor:** Ms. S. Barrett & Capt. P. Blueford

**To register, call (240) 857-7186.**

Weekly group sessions and discussions about understanding anger, the process of recovery, how to change behavior and the mind.

For parents who have a deployed spouse to learn ways to help their children cope with separation from their deployed parent, to gain support and learn new parenting skills.

### **Single Parent Support Group**

**Date(s):** Second (2nd) & Fourth (4th) Monday of each month

**Time:** 5:30—7:00 p.m.

**Location:** CYS Central Registration, 1900 Reece Road, Fort Meade

**Instructor:** Ms. Lisa Redmond, LCSW-C

**To register, call (301) 677-3617.**

Support Group for single parents that decreases social isolation for both parents and children while providing an interactive and supportive environment. Free childcare on the premises.

## JBM-HH Fort Myer, Virginia



### **Parenting Solo**

**Date(s):** October 18, & November 15, 2010

**Time:** 12:00—1:00 p.m.

**Location:** Caucus Conference Room, Room # 1E423, Pentagon

**POC:** Ms. Gale Malone

**To register, call (703) 696-3512/6511.**

A monthly meeting for single or divorced parents to come together to learn and share helpful information on a variety of parenting and relationship issues.

## Fort Meade, Maryland

### **Parenting in the Midst of Deployment Support Group**

**Date(s):** First (1st) and Third (3rd) Monday of each month

**Time:** 5:30—7:00 p.m.

**Location:** CYS Central Registration, 1900 Reece Road, Fort Meade

**Instructor:** Ms. Lisa Redmond, LCSW-C

**To register, call (301) 677-3617.**

*Life YOUiversity*

*All Classes Subject to Change*

## SUPPORT GROUPS (CONTINUED)

### *Hearts Apart Support Group Meeting*

**Date(s):** October 14, 2010

**Time:** 5:00—7:00 p.m.

**Location:** Call for locations

**POC:** Ms. Rene Fizer or Mr. Byron Wilkinson

**To register, call (703) 696-0156 / 1229.**

Support group meets monthly for Families whose sponsor is serving away from home or deployed.



### JBM-HH Henderson Hall, Virginia

#### *Women's Support and Empowerment Group*

**Date(s):** Monday evenings—Call for details!

**Time:** 6:00—8:00 p.m.

**Location:** Marine & Family Services, Bldg 12, Henderson Hall

**POC:** Ms. Anna Barton

**To register, call (703) 614-7204.**

Open to women who have active duty status and for the spouse or intimate partner of an active duty Service Member. This support group offers free education on healthy relationships and support for women who have experienced emotional and/or physical violence within their relationships. Registration is mandatory and an initial screening must be completed prior to starting the group. Please call for more details.

### Quantico, Virginia

#### *EFMP Support Group*

**Date(s):** Third (3rd) Thursday of every month

**Time:** 6:00 —7:30 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** EFMP Staff

**For more information, call (571) 931-0524/0533.**

An informal opportunity for anyone with a special needs Family Member to get together and connect with other EFMP Families.

#### *Mom's Support Group*

**Date(s):** October 19, & November 16, 2010

**Time:** 10:00 —11:30 a.m.

**Location:** New Parent Support Activity Room, Little Hall, Marine Corp Base, Quantico

**Instructor:** Ms. Marcy Griffo

**For more information, call (703) 784-4248.**

Support Group for moms of children up to age six. Come share the joys and challenges of raising young children. Discuss parenting issues with other moms.



## EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

### Bolling Air Force Base, DC

#### *USAF Exceptional Family Member Program and Special Needs Identification & Assignment Coordination*

**Date(s):** Daily Monday through Friday

**Time:** 7:30 a.m.—4:30 p.m.

**Location:** Bldg. 17, Room 102, Bolling Air Force Base

**POC:** Ms. Ruth Jones

**For more information, call (202) 404-6551.**

The EMFP and SNIAC are two separate yet related functions working together to enhance the quality of life for Air Force Families. The programs support and identify active duty sponsors who have Family Members with special educational or medical needs.



**To register, call (703) 805-5435.**

Fort Belvoir EFMP offers transition assistance for EFM Families. Assistance includes providing information and referral for local services, advocacy, respite care for eligible Families and coordination with the gaining duty station EFMP manager.

### Fort Meade, Maryland

#### *Kimbrough Ambulatory Care Center (KACC) Pediatric Health Fair*

**Date(s):** October 9, 2010

**Time:** 10:00 a.m. —2:00 p.m.

**Location:** Fort Meade Pavillion

**POC:** KACC

**For more information, call (301) 677-4122.**

No registration required. KACC's annual Pediatric Health Fair will include information from health resources in the Ft. Meade area. It's a great way to find what you need with one-stop shopping.

### Fort Belvoir, Virginia

#### *EFMP Open Swim*

**Date(s):** Every Saturday

**Time:** 1:00—5:00 p.m.

**Location:** Benyaurd Indoor Swimming Pool,

Gay Rd., Bldg 183, Fort Belvoir

**POC:** EFMP Manager or Assistant

**To register, call (703) 805-2967/5435.**

Each Saturday, the enrolled Family Member and a caregiver swim free during open swim at Benyaurd Indoor pool. You need a pass to use the pool. They are available at our office and good for the season.

#### *EFMP Transition Assistance*

**Date(s):** On going

**Location:** Army Community Service, Bldg 200, 9800 Belvoir Road, Fort Belvoir

**POC:** EFMP Manager or Assistant

#### *Severe Behaviors Workshop*

**Date(s):** October 13, & 14, 2010

**Time:** 5:00—7:30 p.m.

**Location:** Army Community Service, 830 Chisholm Ave., Fort Meade

**POC:** Ms. Caraline Someck & Ms. Karen Baptiste, Guest Speaker: Brandy Cox, BCBA

**To register, call (301) 677-4122.**

This two-day workshop will discuss various behavioral techniques to use with challenging and severe behaviors. Brandy is a board certified behavioral analyst with "Expanding Potentials", specializing in applied behavior analytic services and consulting. Registration required. Attendance at both workshops is highly suggested.





## EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) (CONTINUED)



### **EFMP Bowling**

**Date(s):** October 19, & November 16, 2010

**Time:** 5:30—7:00 p.m.

**Location:** The Lanes at Fort Meade Bowling Center

**POC:** Ms. Caraline Someck

**To register, call (301) 677-4122.**

EFMs get 1 free game and shoe rental, and their other Family members bowl at a discounted rate. Open to Ft. Meade EFMs. Must call to register no later than Friday, October 15th for the October 19th bowling event, and Friday, November 12th for the November 16th bowling event.

### **Toilet Training Basics and Trouble Shooting**

**Date(s):** October 20, 2010

**Time:** 6:00—8:00 p.m.

**Location:** Army Community Service, 830 Chisholm Ave., Fort Meade

**POC:** Ms. Caraline Someck & Ms. Karen Baptiste

**To register, call (301) 677-4122.**

Everybody likes a good potty talk, right? Tired of diapers and accidents? Help your child become more independent with toileting! Come out to learn from the Kennedy Krieger Institute Psychologists as they provide successful strategies for daytime and nighttime toileting problems! Registration required.

### **The A"maz"ing Journey: Children's Mental Health Matters!**

**Date(s):** November 3, 2010

**Time:** 6:00—8:00 p.m.

**Location:** Army Community Service, 830 Chisholm Ave., Fort Meade

**POC:** Ms. Caraline Someck & Ms. Karen Baptiste,

Guest Speakers: Carol Allenza, JD & Pam Brown, Ph.D.

**To register, call (301) 677-4122.**

Are your children receiving mental health services? Come join this group and learn what you need to know about mental health services, what questions to ask, what you can expect, and what you can do. Registration required.

## JBM-HH Henderson Hall, Virginia

### **Early Childhood Development Services**

**Date(s):** October 28, 2010

**Time:** 11:30 a.m. —1:00 p.m.

**Location:** Bldg 29, Room 104, Henderson Hall

**POC:** Ms. Jen Wong

**To register, call (703) 693-5353.**

Marlene Risney, Special Education Coordinator for Arlington ChildFind and Margaret Jones of the Parent Infant Education Program will present information regarding early intervention and child find services. Participants will also learn red flags in child development for infants, toddlers & preschoolers and how to locate appropriate support services. This workshop is open to all military (active, reserve, retired), Families and DoD employees. Need not be enrolled in EFMP nor live in Arlington County.

## Quantico, Virginia

### **EFMP Military Committee for Persons with Disabilities**

**Date(s):** Second (2nd) Thursday of every month

**Time:** 12:00 — 1:00 p.m.

**Location:** Chapel Annex, Marine Corp Base, Quantico

**Instructor:** EFMP Staff

**For more information, call (571) 931-0524.**

Interested in advising the Director, Marine Corps Community Services, on the availability of services for persons with disabilities aboard Quantico? Do you have suggestions for improvement to existing facilities? Then join us for this meeting.

EFMP Resources Available  
Online Classes  
Exceptional Parent Magazine  
Respite Care  
Contact your local EFMP Manager

### **Rights & Responsibilities**

Need information about your rights and responsibilities concerning disabilities?  
Contact Your Exceptional Family Member Program Manager



Bolling AFB (202) 404-6511  
Fort Meade (301) 677-5590  
Henderson Hall (703) 614-7200  
WRAMC(202) 782-3390

Fort Belvoir (703) 805-2967  
Fort Myer (703) 696-8467  
Quantico (571) 931-0524/0533



# Health, Community & Craft Fair



Service Members, Military Retirees, DoD Civilians, Family Members throughout the National Capital Region

October 21, 2010 • 0900-1400

Spates Community Club

214 McNair Road (Building 407) • Fort Myer, VA 22211

One-stop venue for disability information, wellness promotion/fitness, community agency awareness, educational-specific information, and unique craft items for the holidays and every day.



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